

# Voice of the Village People

September 1, 2023 – Vol.14, No. 1

**MORNING COFFEES, GIRL TALK, and HAPPY HOUR:** Prairie Village residents are reminded that all are invited to the Tuesday and Thursday morning coffees at 10:00 A.M. in the Multi-Purpose Room in the Community Center. And the same goes for the Happy Hour (cocktail/social hour) at 4:00 P.M. each Wednesday afternoon in the Multi-Purpose Room in the Community Center, and for the Girl Talk gatherings (ladies only, please) on Fridays at 10:00 A.M. in the Library at the Community Center. Lively conversation is guaranteed at these activities. Fairhaven's Executive Director Paul Kuenning will be making his next bi-monthly report to Prairie Village on Tuesday, September 12<sup>th</sup>, at 10:00 A.M.

**GARBAGE PICKUP:** 's September's bulky collection date is the second Thursday, September 14<sup>th</sup>. A copy of the schedule has been posted at the Community Center.

**MEALS, MEALS – DO YOU NEED MEALS?** For short-term, due to an illness or accident, recent hospitalization, bereavement, etc., contact Colleen Endisch – 262-325-1460. And for Whitewater Meals on Wheels (MOW) long-term (\$10 per meal) contact Sue Stanley – 262-473-3016.

**NEWSLETTERS:** Copies of Fairhaven and Seniors in the Park newsletters are available on the brochure rack inside the Community Center. Please feel free to submit an article for the Prairie Village newsletter if you have any interest in sharing information with other residents – either e-mail to Nelda at [nelronbergsten@gmail.com](mailto:nelronbergsten@gmail.com), or deliver or mail a “hard” copy to 852 Acorn Ridge.

## IMPORTANT UPCOMING CALENDAR ITEMS

Saturday, the 2<sup>nd</sup> – Bean Bag Baseball (Multi-Purpose Room) – 9:30 A.M.

Tuesday, the 5<sup>th</sup> -- Tuesday Bridge (Multi-Purpose Room) – 1:00 P.M.

Wednesday, the 6<sup>th</sup> – Rummikub (Multi-Purpose Room) – 2:00 P.M.

Thursday, the 7<sup>th</sup> – Cribbage (Conference Room) – 2:00 P.M.

Saturday, the 9<sup>th</sup> – Bean Bag Baseball (Multi-Purpose Room) – 9:30 A.M.

Tuesday, the 12<sup>th</sup> – Paul Kuenning's monthly report to Prairie Village – 10:00 A.M.

Tuesday Bridge (Multi-Purpose Room) – 1:00 P.M.

## **IMPORTANT UPCOMING CALENDAR ITEMS, continued**

Wednesday, the 13<sup>th</sup> – Duplicate Bridge (Meeting Room and Office) – 1:00 P.M.  
Hand and Foot (Game Room) – 2:00 P.M.  
Movie Night (Multi-Purpose Room) – 6:30 P.M.

Thursday, the 14<sup>th</sup> -- Bulky garbage/recycling pickup  
Prairie Village Choraliers (Multi-Purpose Room) – 11:00 A.M.  
Poker (Game Room) – 2:00 P.M.  
Vagabond Diners – Depart Community Center at 4:40 P.M.

Saturday, the 16<sup>th</sup> – Bean Bag Baseball (Multi-Purpose Room) – 9:30 A.M.

Sunday, the 17<sup>th</sup> – Whitewater's Half-Marathon – in Prairie Village beginning at 8:00 A.M.

Tuesday, the 19<sup>th</sup> -- Tuesday Bridge (Multi-Purpose Room) – 1:00 P.M.  
Harvest Meal (Multi-Purpose Room) – 5:00 P.M.

Wednesday, the 20<sup>th</sup> – Rummikub (Multi-Purpose Room) – 2:00 P.M.

Thursday, the 21<sup>st</sup> – Prairie Village Choraliers (Multi-Purpose Room) – 11:00 A.M.  
Cribbage (Conference Room) – 2:00 P.M.

Saturday, the 23<sup>rd</sup> – Bean Bag Baseball (Multi-Purpose Room) – 9:30 A.M.

Tuesday, the 26<sup>th</sup> -- Tuesday Bridge (Multi-Purpose Room) – 1:00 P.M.

Wednesday, the 27<sup>th</sup> – Duplicate Bridge (Meeting Room and Office) – 1:00 P.M.  
Hand and Foot (Game Room) – 2:00 P.M.  
Crime Book Club (Library) – 6:30 P.M.

Thursday, the 28<sup>th</sup> – Prairie Village Choraliers (Multi-Purpose Room) – 11:00 A.M.  
Poker (Game Room) – 2:00 P.M.

Saturday, the 30<sup>th</sup> – Bean Bag Baseball (Multi-Purpose Room) – 9:30 A.M.

Please note that information about all activities scheduled at Fairhaven can be found in the Fairhaven newsletter, copies of which are available in the lobby at the Community Center.

## UPCOMING SOCIAL EVENTS:

Movie night – Wednesday, September 13<sup>th</sup> at 6:30 P.M.

The movie “**TEMPLE GRANDIN**” is based on a true story.

Before enrolling in college, Temple Grandin (Claire Danes) visits her Aunt Ann’s (Catherine O’Hara) cattle ranch and demonstrates a brilliance for all things mechanical. Once classes begin, the autistic Grandin rises to meet the intellectual challenges – though the social ones are a bit more difficult. Grandin triumphs over prejudice to become an innovator in the field of animal care.

Snacks and drinks are always served for your snacking pleasure.

I would like to thank those who have offered suggestions for future movies. Without your input and suggestions, it would be difficult to know what kinds of movies you would like to view. As the saying goes, ”You can please some of the people all of the time, but you can’t please all the people all of the time”. Please call Judith (262 473 4055) or email her at [birdhaven767wi@att.net](mailto:birdhaven767wi@att.net) with your suggestions.

### **Vagabond Diners will be going to Hiway Harry’s restaurant**

710 Glover Lane, Johnson Creek, on Thursday, September 14<sup>th</sup>, with seating at 5:15 P.M. It is located one block north of I-94 on the North East side of HWY 26. It is set back off the road. It will take 30 minutes to drive to Johnson Creek, so plan on leaving a little before 4:45 pm If you are interested in going, **please call Judith** (262 473 4055) before 6:00 P.M. on Monday Sept. 11<sup>th</sup> to inform her that you would like to attend.

### **Harvest Meal:** September 19<sup>th</sup>, 5:00 P.M. - 9:00 P.M.

Let’s celebrate the beginning of Fall and the hard work of the community gardeners. We’ll have Baked Potatoes and the fixin’s ready for you: sour cream, shredded cheese, onions, red peppers, broccoli, bacon bits). We ask that you bring a dish to pass. Soft beverages will be provided but feel to bring your own stronger drinks. Jim Olm will join us and bring his musical gifts. Mark your calendar! Please sign up at the Community Center by Sunday, September 17.

## WHITEWATER’S 11<sup>th</sup> ANNUAL HALF MARATHON

The Whitewater Half Marathon will be conducted on Sunday, September 17<sup>th</sup>. Please note that as in the past, Burr Oak Trail will be officially closed during the run, as runners will be running the length of that street as part of their course. The lead runners have normally arrived in Prairie Village by shortly after 8:00 A.M., and the last runners have made their way through between 8:45 and 9:00 that morning. Please make every effort to avoid driving on Burr Oak Trail especially during that time period on Sunday morning, the 17<sup>th</sup>.

# CRIME BOOK CLUB

Our read for the month of September is [A Beautiful Poison](#) by Lydia Kang. It is an easy read that takes place in New York City in 1918 during the flu pandemic and World War I. Interesting times.

We welcome a new member (or maybe two). Cynthia Bertsch is joining us, and when I dropped off her book, I encouraged her husband, Gerry, to join us. It would be nice to have another male among our membership! Bonita will not be with us this month but will catch up with us again in October.

I hope to see you all on September 27<sup>th</sup> at 6:30 P.M. in the Library at the Community Center. I am looking forward to another season of reading and meeting with *such great minds* to discuss our book selection each month.

## SCHEDULE

September 27<sup>th</sup>, October 25<sup>th</sup>, November 29<sup>th</sup>, January 3, **2024**, January 31<sup>st</sup>, February 28<sup>th</sup>, March 27<sup>th</sup>, April 24<sup>th</sup>, and May 22<sup>nd</sup>. We will then take June, July and August off for the summer of 2024.

Kathy Schumacher

**New:** Calling all Prairie Village Ladies married or single.

Do you want to go out to lunch? This group will be called The Prairie Ladies Bunch Lunch Group. We will go out on the third Wednesday of the Month at 12 Noon beginning October 18<sup>th</sup>. I would like your feedback. Call Elizabeth Asher 262-473-5783. Subject to change.

**New:** You like to sing. Come to Prairie Village Choraliers at 11 A.M. after coffee on Thursdays. You don't have to read music. We will sing old favorites and some fun. We will begin on Thursday September 14<sup>th</sup>. Call Elizabeth Asher 262-473-5783 with questions.

## September Library Update

### National Geographics

Over the months, we have had 60 National Geographics donated that cover several decades. We don't have room in the Library for them. I'm not inclined to put them out elsewhere in the Community Center since even our recently donated magazines don't appear to be used that much. If you want them, I'll be glad to deliver.

## **Donations**

Should you have books to donate, please leave them in the cooler on my porch (881 BOT), or I'll come get what you have. Please limit your non-fiction donations to history and biographies. You are welcome to leave your returns in that cooler, too. Puzzle donations are always welcome, too.

If you've questions about the Library, please let me know. Thanks to everyone who contributes in any way to this effort.

Kathy Ross

## **September Adult Activities at the Whitewater Library**

### **Seed Saving 101 Tuesday, September 5 at 6:00 P.M.**

Master Gardener, Ruth Flescher, will teach us about seed saving. Learn why it's important to have open-pollinated varieties to save from, ways to isolate the blooms to ensure you get the genetics you want, the difference between market maturity and seed maturity, both wet and dry seed processing, seed storage, and average seed life

### **Fiber Friday September 8 at 3:00-4:30 P.M.**

Do you embroider, knit, crochet, needle felt or do other handwork? Use our materials or bring your own project and join us at the library. For all ages.

### **LEGO Marble Run Family Night Tuesday, September 12 at 5:30-7:30 P.M.**

Fun for the whole family! Work together to construct marble runs with LEGO bricks and other materials!

### **Chess Club Tuesday, September 19 at 6:30 P.M.**

For all ages and skill levels!

### **Mindful Mondays Book Club Every 4th Monday at 6:00-7:30 P.M.**

Join us for a book discussion and mindfulness practice. A limited number of copies of the book may be checked out at the library's front desk.

### **Narcan Training Wednesday, September 27 at 5:30 P.M.**

Learn how to recognize the signs of an overdose, how to administer Narcan correctly, and provide care for someone who overdoses. Participants will receive a free kit of Narcan and a certificate of completion wallet card. Register in advance by calling 920-728-7687.

If you've any questions about these activities, call Sarah French at the Whitewater Library, (262) 458-2782, or email her at [sfrench@whitewater-wi.gov](mailto:sfrench@whitewater-wi.gov).

### **“Take One-and take heart. Give One – and give hope”**

This is on the cover of each of the CareNotes that are currently on display in the Community Center Lobby. On-line information about CareNotes shows that it's a ministry of Saint Meinrad Archabbey and describes this project as a series of “5 x 7 booklets written to provide uplifting guidance to those who are hurting.” Our display comes to us from Fairhaven Chaplain Luke Boucher and there's also one in the Main Lobby at Fairhaven.

## **“Take One-and take heart. Give One – and give hope”, continued**

Please help yourself to all you (or your friends, family, or any groups) can use of the current display. There are plenty more of these same – and other – titles. I’ll be replacing the current selection in a few weeks and will continue to do so for a while. If there’s something there that you want more copies of, please let me know.

Kathy Ross

## **DO YOU NEED A BREAK?**

The Prairie Village Care Team is exploring the idea of offering PV people to act as caregivers for those who might wish to have a break from their caregiving duties. Those volunteers can be flexible in explaining why they are at your home while you are taking a break. If you might be interested in utilizing this proposed service, please contact: Steve Lade 262-458-2261 or [landoflade@gmail.org](mailto:landoflade@gmail.org)

## **PV Photo Directory Updates**

With two new couples moving into our Village in October, and it will soon be time to update our PV Photo Directory. If you are already in the Photo Directory and would like to update your picture or anything in your information shared there, please let me know. If you are not yet in the Photo Directory and would like to be, please let me know that, too, and I will help you with what needs to be done.

The online Photo Directory can be viewed on the Fairhaven website =  
at: <https://www.fairhaven.org/resident-portal/>

The password for the protected site is: prairievillage

Then click on "Resident Photo Directory" and the pdf file will download to your device for viewing.

Wayne DeLoach

Thanks, again, to the elves who have decorated the tree in the Community Center with the flowers of August.





## A Good Frolic

After the storm it must feel good  
To have a good frolic...  
    to stretch your legs  
    and your imagination  
    in the bright light of morning.  
When you're young you pay no mind  
    To what anyone thinks  
    you run and jump,  
    stretch and reach as far as you can.  
The doe doesn't join in.  
She waits and watches.  
    8/17/2023

From Gerry Bertsch

## Cricket Season

Some call it the dog days,  
But I love it that the crickets have made  
a prior claim on August.  
Their scratchy harmonies  
serenade their audience  
without waiting for applause.  
Their black punctuations  
on the garage floor  
warn me to pause,  
to take heed,  
to hold the beat of my walk steady  
and not step on them  
lest I turn my luck sour.  
    8/17/2023

## How Does Your Garden Grow?



May



June



July



August



September

**Our Sun provides us light and heat...and also results in sunburn!**

Sunburn is caused by too much exposure to ultraviolet (UV) light. UV light may be from the sun or artificial sources, such as sunlamps and tanning beds

The UV light damages skin cells. The human immune system reacts by increasing blood flow to the affected areas, which causes the inflamed skin (erythema) known as sunburn.

You can get sunburn on cool or cloudy days. Surfaces such as snow, sand and water can reflect UV rays and burn skin too.

Risk factors that increase your chances for sunburn include:

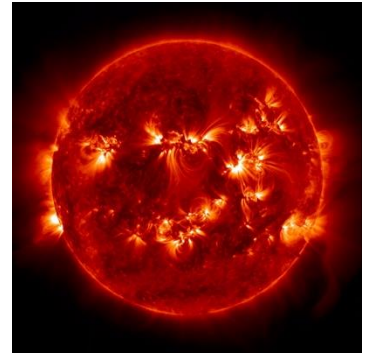
- Having white skin and red hair
- Having a history of sunburn
- Living or vacationing somewhere sunny, warm or at high altitude
- Working outdoors
- Swimming or spraying your skin with water or baby oil, as wet skin tends to burn more than does dry skin
- Mixing outdoor recreation and drinking alcohol
- Regularly exposing unprotected skin to UV light from sunlight or artificial sources, such as tanning beds
- Taking a drug that makes you more likely to burn (photosensitizing medication)

Sunburn complications include:

- Premature aging of your skin
- Precancerous skin lesions
- Skin cancer
- Eye damage

Sunburn prevention includes:

- Avoid sun exposure between 10 am and 4 pm
- Avoid sunlamp tanning and tanning beds
- Use sunscreen often and generously
- Protect babies and toddlers
- Cover up
- Wear sunglasses when outdoors
- Be aware of sun-sensitizing medications and cosmetics





## Did You Know?...Now You Know! - continued

The above information was provided by The Mayo Clinic.

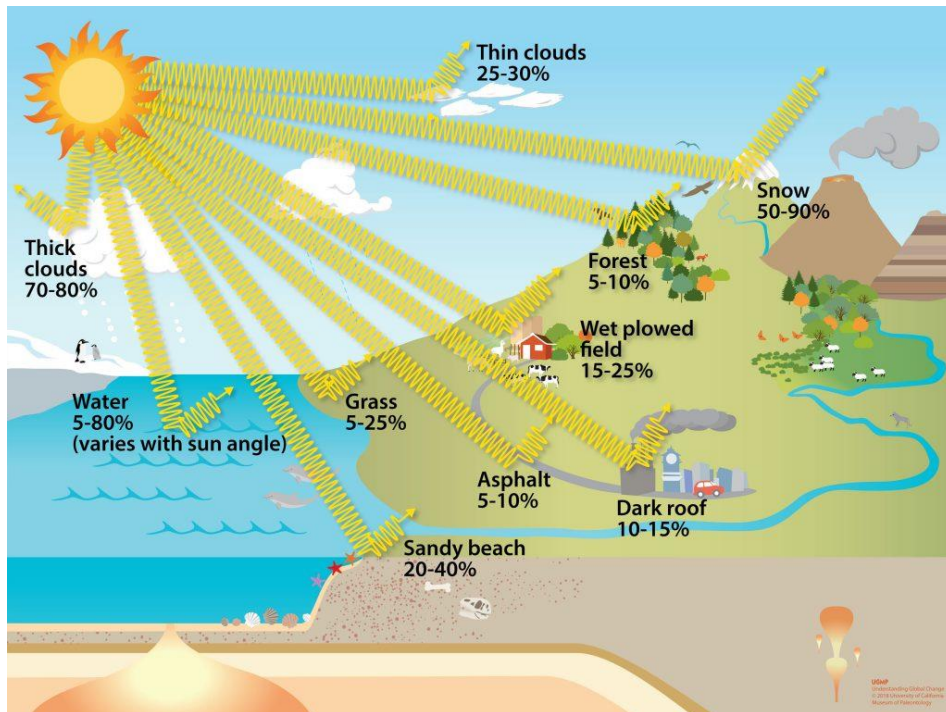
<https://www.mayoclinic.org/diseases-conditions/sunburn/symptoms-causes/syc-20355922>



Many people like to swim, so people often ask if they can get sunburned while in the water. The answer is YES! Three feet of water will still let 80 of the sun's ultra-violet light through and the cooling effect of the water makes you less aware of the Sun. In order for you to avoid the UV rays, you have to dive at least 6 feet) under the water.

Words of caution!!! – sunlight (including ultra-violet light) is reflected by a water surface. Therefore, if you are swimming your skin will absorb ultra-violet light not only directly from the sun but also via reflection. This results in even more potential sunburn!!!

The diagram below shows the percentage of sunlight that is reflected by different Earth surfaces or clouds. Note that you can receive an additional 5 to 80% of ultra-violet light due to reflection off a water surface.



This diagram and related information can be found online at:

<https://ugc.berkeley.edu/background-content/reflection-absorption-sunlight/>